

CHATHAM HEALTH & SWIM CLUB - CLASS SCHEDULE (as of 1-2-2019)

Mon	Tue	Wed	Thur	Fri	Sat
Step & Strength 8:00-9:00 A.M.	Flow Yoga 8:00-9:00 A.M.	Cardio-Mix 8:00-9:00 A.M.	Flow Yoga 8:00-9:00 A.M.	Cardio-Mix 8:00-9:00 A.M.	Small Group Coaching w/ Julie 8:15-9:15 A.M.
	Lite Fitness 9:15-10:15 A.M.		Lite Fitness 9:15-10:15 A.M.		Men's Stretch 8:30-9:15 A.M.
Aquatic Exercise 9:30-10:30 A.M.		Aquatic Exercise 9:30-10:30 A.M.		Aquatic Exercise 9:30-10:30 A.M.	Row & Go 9:30-10:30 A.M.
Small Group Coaching w/ Amy 10:00-11:00 A.M.		Small Group Coaching w/ Amy 10:00-11:00 A.M.			Aqua Boot Camp 10:00-11:00 A.M.
	Tai Chi 10:30-11:30 A.M.				Row & Go 10:30-11:30 A.M.
	Small Group Coaching w/ Pam 1:00-2:00 P.M.		Small Group Coaching w/ Pam 2:00 - 3:00 P.M.		
	Aquatic Exercise 4:30-5:30 P.M.		Aquatic Exercise 4:30-5:30 P.M.		
Double Step 5:15-6:15 P.M.		Interval Strength 5:15-6:15 P.M.	Flow Yoga 5:15-6:15 P.M.	Cardio-Mix 5:15-6:15 P.M.	

Blue Boxes Annual/Flexi Member = \$50 per 6-wks OR \$10 drop-in

Short-Term Member/Guest = \$75 per 6-wks OR \$15 drop-in

Yellow Boxes Annual/Flexi Member = \$40 per 6-wks OR \$10 drop-in

Short-Term Member/Guest = \$65 per 6-wks OR \$15 drop-in

Green Boxes Small Groups limited to 4 participants/session (rates vary per group depending on # of participants) \$20 if 3/4, \$30 if 2, cancelled if only 1

Black Box \$20 per class (payment in advance required, limited to 6 participants)